

Claims

What is claimed is:



1. A method of relaxing for someone traveling while sitting upright in a seat, with the someone being a user and having a neck, a chin having sides and a front, and a chest having a central, upper portion, comprising the following steps:

a) placing a block of self-supporting material, -

5 - having a soft top with a curved, angled depression forming a cup for the chin adjacent to but spaced from the neck, between the chin and the user's chest, and

- having a bottom for contacting the user's chest supporting the user's head through the solid block on the user's chest;

10 b) securing the block of material in place on the user with the cup of the block of material interfacing with for full support the user's chin, and with the bottom of the block of material resting on the central upper portion of the user's chest, while and positioned in front of the user's neck; and

15 c) allowing the chin to rest in the cup of the block of supportive material while secured to the user, producing not only full support beneath the user's chin but also frontal contact with the front of the chin and support along the sides of the chin.

2. The method of **Claim 1**, wherein in step "b" there is further included the steps of:

b-1) looping an elongated, flexible member, having end portions, and which is attached to the block of supportive material, around the user's head; and

5 b-2) securing the end portions of the elongated member, causing the loop to be fixed around the back of the user's neck.

3. The method of **Claim 2**, wherein the flexible member is a flexible line and there is further included a push-button/barrel lock through which the end portions of the elongated line pass; and wherein, in association with step "b-2," there is further included the steps of:

5 pressing the push button and moving portions of the flexible line through the lock until the block of supportive material is positioned between the chin and the chest of the user in contact with both of them, and then releasing the push button, securing the end portions of the flexible line, attaching the block to the user's body about the user's neck.

4. The method of **Claim 3**, wherein the block of supportive material has a central shank portion with a reduced lateral size in comparison with its top and its bottom which are larger in their respective lateral sizes, and wherein, in association with step "a," there is included the step of:

5           holding the block of supportive material about its central, shank portion in one of the user's hand while the solid block is being placed between the user's chin and chest.

5           5. The method of **Claim 1**, wherein said block of supportive material is longitudinally elongated with two laterally extended ends, and there is further included an around-the-back-of-the-neck loop associated with the block in front of the neck, and wherein there is included, in association with steps "a" & "b," the steps of:

                  lessening the size of the loop by pulling it in, while using the laterally extended ends of the block of supportive material's contacts with the user's chin area and the user's upper, central chest area to prevent the block from contacting at least the central part of the user's throat as the size of the loop is lessened and pulled in.

6. The method of **Claim 1**, wherein the block of supportive material has a central shank portion with a reduced lateral size in comparison with its top and its bottom which are larger in their respective lateral sizes, and wherein, in association with step "a," there is included the step of:

5        holding the block of supportive material about its central, shank portion in one of the user's hand while the block is being placed between the user's chin and chest.

7. The method of **Claim 1**, wherein, in association with step "a," there is further included the steps of:

10        placing the block of material with its soft top with its curved, angled depression up and around the user's chin, contacting the chin's front, sides, and bottom, including over in front, along side and around the mental protuberance and the central cleft area of the mandible of the user.

8. The method of **Claim 1**, wherein, in association with step "a," there is further included the steps of:

      placing the block of material with its bottom in contact and being supported on the user's manubrium sterni, approaching but spaced from the bottom tracheal cartilages of the user's neck.

9. The method of **Claim 1**, wherein, in association with step "a," there is further included the steps of:

5 a-1) placing the block of material with its soft top with its curved, angled depression up and around the user's chin, contacting the chin's front, sides, and bottom, including over in front, along side and around the mental protuberance and the central cleft area of the mandible of the user, and with its bottom in contact and being supported on the user's manubrium sterni, approaching but spaced from the bottom tracheal cartilages of the user's neck; and

a-2) performing step "c" while the block is in the placement of step "a-1."

10. The method of **Claim 1**, wherein there is included one or more of the other innovative, methodological, unobvious features disclosed in the foregoing written description and/or drawings.

11. A head support system for supporting the head of a user while the user is sitting, the user having a neck, a chin having sides and a chest having a central upper portion, comprising:

a block of self-supporting but soft, molded material having a central shank portion, a top portion placeable under and around and in front of the user's chin in supportive, "face-to-face" surface engagement therewith, while the block of material is positioned in front of the user's neck, and a bottom portion placeable on the central upper portion of the user's chest when the user's chin is fully supported in said depression area by said block of material;

said top portion having a centrally located, curved, contoured, depression area which is downwardly angled toward the user when viewed from the side and also angled downwardly toward the user with upwardly extending sides substantially forming a combined "U" & "V" shape when viewed from the front, said depression area forming a cup into which the user's chin is placed, providing the user's chin with not only full support beneath the user's chin but also support on the front of the chin and along the sides of the chin; and

an attachment subsystem connected to said block capable of securing the block in place under the user's chin.

12. The head support system of **Claim 11**, wherein:

said bottom has a bottom surface which is upwardly angled toward the user's neck when secured to the user below the chin and is capable of supporting said block of material and the weight of the user's head on the central, upper portion of  
5 the user's chest.

13. The head support system of **Claim 12**, wherein:

said bottom surface is flat.

14. The head support system of **Claim 12**, wherein:

said block has a central, longitudinally extended axis; and

wherein:

said bottom portion is angled up at its rear at about a forty-five (45°)  
5 degree angle with respect to said central longitudinally extended axis, causing the device to rise, rather than uncomfortably "dig in" to the user's body, as it is moved back, strengthening the engagement of the device with the user's chin area, preventing or at least discouraging the device from being moved back against the user's throat.

15. The head support system of **Claim 11**, wherein the user has a hand and wherein:

said shank portion has rounded sides and is of a dimension and configuration that is easily grippable in the hand of an adult user.

16. The head support system of **Claim 11**, wherein said attachment subsystem comprises:

an elongated, flexible member attached to said block of material capable of extending in a loop around the user's neck.

17. The head support system of **Claim 16**, wherein:

said elongated, flexible includes a strap member forming most of said loop and a attached string like member with two terminal ends extending out to and past the front of said block of material moveably attached thereto.

18. The head support system of **Claim 17**, wherein:

said two terminal ends have front portions which are lockably attached together by means of a push button latch which allows said ends to be moved with respect to said latch when said button is depressed.



19. The head support system of **Claim 11**, wherein:  
said block of material is a solid material.

20. The head support system of **Claim 11**, wherein:  
said top portion is wider than said central shank portion.

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